



YMCA Camp Coniston

Hiking Rules & Guidelines

Summer 2020

- You can only hike in daylight hours and NO overnight camping is allowed.
- Please plan to hike with at least one other person for safety and emergency reasons.
- Pets will NOT be allowed during your special use with us this summer as a courtesy to the comfort of all our guests. Please understand that our full-time staff do have pets. These pets may be around the camp, and if they are causing your family group issues, please notify staff.
- When you arrive at Coniston there will be signs for Hiking Parking. For those of you that know Coniston, you will be parking in our Centennial Lot. The lot entrance is located near the horse barn.
- There will be a self-serve kiosk in the parking lot. You must sign in there and sign out when your group is leaving. There will also be hiking maps available at this kiosk.
- While hiking at Coniston, you must stay on the hiking trails. Please DO NOT enter the Main Camp/Girls Camp area as we will have other groups using our Camp facilities for community programming. We have a limited number of people we can allow safely in Camp to keep social distancing possible so please follow signage to avoid group interactions.
- During your hike we ask that you maintain social distance and stay at least 6ft away from other members of the community who are not a part of your group. Please have a mask with you in case there is a time where social distancing isn't possible.
- Due to health and safety reasons, we are unable to use our water fountains. Please bring enough water for your group for the day. You are also welcome to bring a picnic lunch with you. Please take any trash home with you and help us keep our trails and overnight sites clean.
- Suggested packing list:
 - Filled water bottle
 - Bugspray
 - First Aid Kit
 - Appropriate hiking clothing and footwear
 - Sunscreen
 - Picnic (if desired)
 - Mask
- There is NO SWIMMING permitted for day hiking around the lake. We do not have lifeguards for hikers, and it is therefore not safe to swim. If you wish to use our lake, you can sign up for one of our Community Days on our website, where swimming is available.
- There are semi-sheltered pit toilets around the lake that you are welcome to use. You will need to provide your own toilet paper and you may want to sanitize the seat as we will not be able to clean these regularly.
- You are responsible for your own safety during your hike. Please take a cell phone with you. If there is an emergency, you can call the Main Office at 603-863-1160.

